

# Movement Discovery

## Key Stage 1&2



Truro and Penwith  
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# Movement Discovery

## TEACHERS INFO

This resource is designed to give you six weeks of pre made 30 minute activity sessions, based on movement and dance skills for Key Stage 1 & 2 pupils. Each session focuses on a creative brief with technical challenges and signposts. The sessions are divided up weekly with a theme for each week. You could do the sessions in any order you wish and repeat them as many times as you like. The order set out below is recommended due to elements cropping up again and being developed but that is only a guide.

### Overview:

Checklist - a brief list of things to check prior to starting the session. We recommend the sessions be supervised in some way whether this is with a parent or guardian but obviously this is case by case, and at the family/teachers discretion.

### SESSION THEMES:

- Household Hoedown (Prop needed)
- Doodle Dance (Drawing materials needed e.g. pencil and paper)
- Jacket Jackpot (Prop needed)
- Shape Shifter
- Notice Nature
- Terrific Text

The the content is all adapted from the Digital Dance Discovery Project 2020. It is designed to give anyone, of any age, dance or movement background who wishes to get involved, a starting point to have a wiggle, or a jiggle and to keep our bodies moving!

# Movement Discovery

## PARENTS INFO

**This resource is designed to give you six weeks of pre made 30 minute activity sessions, based on movement and dance skills for Key Stage 1 & 2 pupils. Each session focuses on a creative brief with technical challenges and signposts. The sessions are divided up weekly with a theme for each week. You can repeat the sessions multiple times in one week, give it a go once or as many times as you like.**

We recommend the sessions be supervised in some way by a parent or guardian in order to ensure participants safety. The sessions should take max 30 minutes. However, be creative and feel free to add elements, adapt and use the session plans as a spring board to get active!

You shouldn't need more than a meter square flat space somewhere inside but, if you feel limited by spacial restrictions again adapt away!

The activities are all designed so everyone can get involved but please adapt the activities where necessary for any specific needs or injuries.

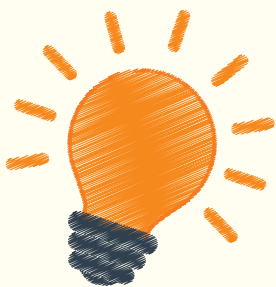
The sessions are meant to be fun so don't feel pressure to do anything that doesnt feel right.

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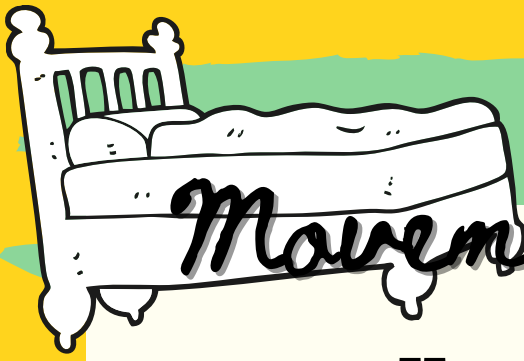
# Movement Discovery Checklist

Before you start go through the list below and make sure it is safe to get going.\*

- ☐ I have a designated space to move in that is free of any obstacles or hazards.
- ☐ I have any props or items I need for my session.
- ☐ An adult is supervising or approved me using this space for the needed amount of time.
- ☐ I am wearing appropriate clothes to do the activity. Clothes I can freely move in and show off how brilliant I am!
- ☐ I feel happy and ready to start.



**Ok... lets go!**



# Movement Discovery

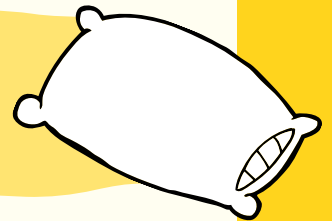


## Household Hoedown

Task 1 - Find a household object (that is not easily breakable and get permission to use your chosen object) and create a solo choreography, or have an improvisation based on and using your object.

### #HELPFUL TIP

Think about the items structure, its purpose in the house, its shape and size and how you can move with it.



Task 2 - Create a variation/version of your original solo but without using your chosen object within the dance. Dance as if it was an invisible prop.



Task 3 - Make sure within your dance you incorporate at least one jump and one turn.

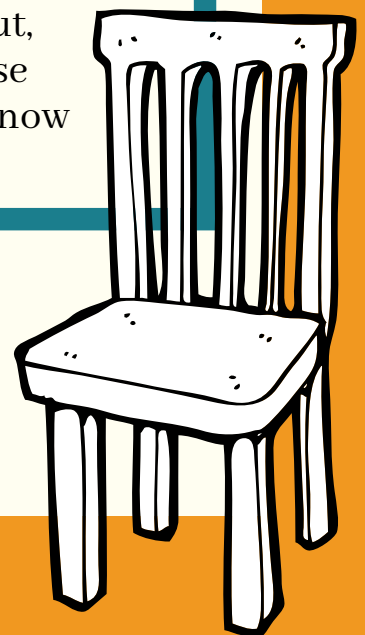
### Technical Challenge -

Before starting your dance decided on a starting and finishing position that shows off your household item. Challenge yourself to decided on a position that is challenging to hold. But, make sure at the beginning and the end your hold these positions for at least 3 seconds so your audience will know when you're starting and when you have finished.

### Terminology

*Improvisation* - you make it up as you go along and it can be different every time.

*Choreography* - you make decisions about what your moves are going to be and they are the same every time you do your dance.

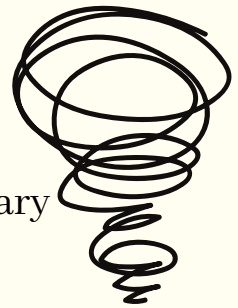


# Movement Discovery

## Doodle Dance

Task 1 - Draw a scribble/doodle/picture/masterpiece, or you could even ask someone else to doodle for you. Use the drawing as your inspiration for a improvisation or to create a set piece of choreography.

Task 2 - Create a new doodle/scribble and use it as a map. Create a new movement sequence using the doodle as your pathway for your dance. In contemporary dance something that gives you instructions for your dance like a pathway is called a score.

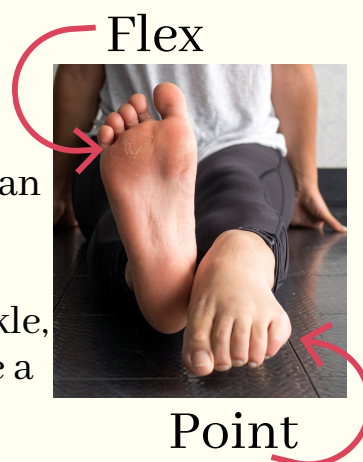


### #HELPFUL TIP

Really look at the details in your drawings and use all of these details to help give you ideas for movements. For Task 2 try different doodles, some simple and some crazy!

### Technical Challenge -

Think about your feet in this challenge. Often in dance we POINT our feet, this is when we stretch our foot as straight as we can and make a lovely point with our toes. But sometimes we FLEX our feet which is when we make a right angle with our foot and ankle, and pull our toes up towards our ears. Have a go at doing both in your dance.



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*Score* - a individual or series of instructions that guides your dance.



# Movement Discovery



## Jacket Jackpot

Task 1 - Find a coat, jacket, blazer, or something along those lines. Create 3 or more ways to take your jacket on or off that is different than the everyday way.

Task 2 - Create a piece of choreography or have an improvisation imagining this item is not only a prop and tool to use in your dance, but also your fabulously talented dance partner!

Task 3 - Incorporate your imaginative coat on and off moves into your dance.

Task 4 - Try and repeat task 2 with a different style of coat. How does this influence you're dance and the kind of moves you do?

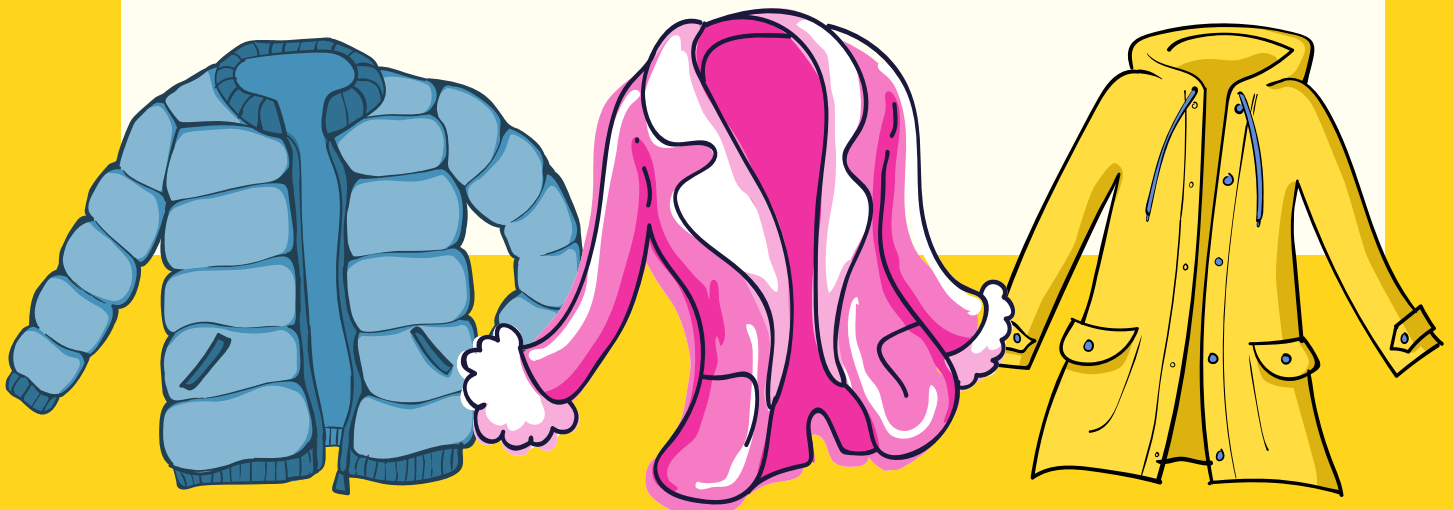
### #HELPFUL TIP

Think of three words that would describe your jacket or how you feel when you wear it. Use these words to help inspire what you create. Is it serious, sassy, cosy, funky, is it thick and heavy or is it light and floaty?

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## Shape Shifter

Task 1 - Follow the below score (see terminology at bottom of page) to create a series of poses that link one into the other.

SCORE:

1st Square



2nd Triangle



3rd Straight line



4th Circle



Task 2 - Have an improvisation only using angles and corners, pointy and spikey movements.

Task 3 - Now have a dance only using curvy shapes, circles and waves and wibbly wobbly moves, nothing pointy or straight.

Task 4 - Select a single shape to be inspired by, or two shapes to compare and contrast. It could be a 2-Dimensional or 3-Dimensional shape, anything from a cube to a straight line. Think about replicating the shape in both static/still positions and through fluid movement.

### Technical Challenge -

When we stretch our body out as far as we can we call it **EXTENSION**. Try and incorporate one or more movements where you fully stretch your arms and your legs. Stretching out as far and as straight as you possibly can. Try and not wobble while you do it but use your tummy muscles to help you balance.

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# Movement Discovery

## Notice Nature

Task 1 - Take some time to have a wander around an outside space, notice all the natural elements in your chosen environment. If the weather is too bad to venture out, look out of the window. Take one or multiple elements that you find as your inspiration for creating your piece of movement.

### #HELPFUL TIP

Take some time to notice the sounds & smells of the environment you chose and keep these experiences in mind when generating your movement.

Task 2 - Think of a natural environment or element that you can't see. For example a Volcano, a stormy sea, a tropical forest. Use this natural element/location as inspiration to create a new section of your dance.

### Technical Challenge -

Natural elements all move at their own pace, from plants growing in the ground or the ever changing weather, whether it is a powerful gust of wind or a gentle breeze. Use your nature observations to think about speed and incorporate it into your dance.

### Terminology

*Improvisation* - you make it up as you go along and it can be different every time.

*Choreography* - you make decisions about what your moves are going to be and they are the same every time you do your dance.

*Extension* - fully stretching our body or limbs as much as possible



# Movement Discovery



## Terrific Text

Task 1 - Choose 3 descriptive words, for example -

WOBBLY

**STRONG**

**DRAMATIC**

Create as 3 different moves for each of your words. Imagine it is like charades and your job is to express and communicate the word to the audience but without telling them out loud what it is. To do this your actions will be need to be very clear and show off the words you chose.

Task 2 - Choose a word, poem, sentence, story, quote, phrase or letter to inspire your movement for your main dance this week. Words have so much power and influence in the way we communicate. Can you take those words or letters and make they a physical exploration and mode of communication.

## BONUS TASK

Write something of your own, whether its a series of letters, a poem or a short story and use this as inspiration for a improvisation.

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## SUMMARY

Hopefully this resource has given you loads of activities and starting points to work from, even under less than ideal circumstances.

We hope you had fun joining in and you have found it both fulfilling, educational and fun for all participants.

### ADDITIONAL USEFUL LINKS:

(Copy and past the links below into your browser)

- COSMIC KIDS YOGA -  
[https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo\\_Gsi\\_qbQ](https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ)
- GO NOODLE | GET MOVING -  
<https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw>
- NATIONAL DANCE INSTITUTE -  
<https://www.youtube.com/user/nationaldance/playlists>

Created for The Truro and Penwith Academy Trust  
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